

# Briefs . . .

## Post shuttle runs again

The post shuttle has been reinstated. Schedules are posted on bus stops. For more information, call Herbert Sexton at 221-2808. *See shuttle bus schedule on Page 5.*

## New traffic signal installed

A new traffic signal device has been installed at the intersection of Harry Wurzbach and Stanley roads near the Towers in and outbound gate. This traffic signal will be a blinking red light in all directions during a seven day equipment test period. The blinking red light will require all traffic to stop before proceeding, to allow Towers inbound and outbound traffic to proceed safely. The traffic signal will be fully operational April 13.

## AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Friday at 9 a.m. at Army Community Service, Building 2797. AECP provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore, detachment sergeant of the AMEDD Student Detachment, at 221-3083 or Anna Prescott at 221-5582.

## MEDCOM awards luncheon

The Medical Command NCO and Soldier of the Year Luncheon will be held Friday at 11 a.m. at the Sam Houston Club. For more information, call Master Sgt. Larry Fenti at 916-3224 or Sgt. 1st Class Luis Lopez at 916-9317.

## Eggnormous Easter Egg Hunt

Lincoln Military Housing and the Fort Sam Houston Child and Youth Services will host an Eggnormous Easter Egg Hunt Friday from 11 a.m. to 2 p.m. at the Dodd Field Baseball Complex near Watkins Terrace. Family housing residents are invited as well as the Fort Sam Houston community. Hotdogs and drinks will be served. Come join the fun with a live DJ and a visit from the Easter Bunny.

## Public meeting on military health care

The fifth in a series of public meetings examining key issues relating to the future of military health care will be held Tuesday from 5:30 to 7 p.m. at the Sam Houston Club, Building 1395 Chaffee Road. The meeting is being conducted by the Department of Defense Task Force on the Future of Military Health Care, a Federal Advisory Committee, directed by Congress to review health care services provided to members of the Armed Forces, retirees and their families. The task force will make independent assessments and recommendations to Congress and the Secretary of Defense, on changes to legislation and policies, ultimately affecting future health care services to the military.

## Holocaust Remembrance Day

Fort Sam Houston will observe Holocaust Remembrance Day Tuesday from 11 a.m. to 12 p.m. at Army Community Service, Building 2797. The guest speaker will be Holocaust survivor retired Lt. Col. Charles Stein. For more information, call Sgt. 1st Class Michelle Jones, Great Plains Regional Medical Command equal opportunity adviser, at 295-2353. To request reasonable accommodation for a disability, call 221-0218.

See BRIEFS on Page 3



Navy Chief Warrant Officer Juan Gomez learns about federal employment from Vance Wilkerson, from the Office of Personnel Management March 27 at the Hiring Heroes Career Fair. Addressing the employers at the fair, Linda Springer, director, U.S. Office of Personnel Management, forecasted a bright future for federal employment opportunities.

# Hiring heroes Wounded warriors in demand at career fair

Story and photo by Elaine Wilson  
Fort Sam Houston Public Information Office

Wounded warriors and their families were a hot commodity March 27 as dozens of interested employers vied for their attention during the Hiring Heroes Career Fair at the Sam Houston Club.

The career fair, customized for service members wounded in support of Operations Iraqi and Enduring Freedom, attracted 75 prospective employers from the Department of Defense, federal agencies and private sector companies, to include financial institutions, universi-

ties, law enforcement organizations, correctional facilities, high-tech defense companies and several local San Antonio companies.

“Today is about celebrating our service members and the talents and skills they bring to the table,” said Patricia Bradshaw, under secretary of defense for civilian personnel policy, in her remarks to the employers. “Thank you for putting your money where your mouth is in hiring our talented service men and women.”

The career fair was the third at Fort Sam Houston and the ninth in the nation for the Department of Defense, which sponsors

the fairs in partnership with the Office of the Secretary of Defense, Civilian Personnel Management Service and the Defense Applicant Assistance Office.

In the third year of the program, the career fairs have attracted about 2,000 service members and their families, said Karen Hannah, Hiring Heroes program manager.

“The career fair at Fort Sam Houston was by far the largest with more than 250 service members and their families in attendance,” Hannah said.

See **HIRING HEROES** on Page 4

# Fort Sam Houston ‘Fiesta and Fireworks’



Photo by Esther Garcia

The United States Army Drill Team from Fort Myer, Va. is one of several ceremonial units scheduled to perform during the annual Fort Sam Houston Fiesta and Fireworks April 22. The annual Fiesta event begins at 1 p.m. with a country fair and features military equipment displays, various exhibits, live entertainment, kiddie activities, carnival rides, games, food, and drink booths. The military ceremony at MacArthur Parade Field begins at 5 p.m. and includes the 82nd Airborne Chorus from Fort Bragg, N.C. Fiesta concludes with a fireworks display at 9 p.m. The public is requested to enter Fort Sam Houston from Interstate Highway 35 at either the Walters Street gate or the Harry Wurzbach Road entrance. No pets or coolers are allowed. For more information, call 221-1151 or visit [www.samhouston.army.mil](http://www.samhouston.army.mil).

# Army Looks for NCOs to serve as Human Intelligence Collectors

WASHINGTON—The Army announced today the implementation of the Human Intelligence Noncommissioned Officer Special Recruiting Program to bring at least 100 experienced NCOs into the 97-Echo career field

“Our goal is to quickly infuse 100 staff sergeants and sergeants first class to our HUMINT force from all other career fields,” said Sgt. Maj. Fernando Martinez-Irizarry, Office of the Deputy Chief of Staff, G-2.

“They will be provided accelerated training on basic and advanced HUMINT skills and be assigned to units deploying in support of Operation Iraqi Freedom or Operation Enduring Freedom,” he said.

The 97-Echo military occupational skill is the U.S. Army’s MOS for HUMINT collectors. HUMINT Soldiers collect intelligence information from human sources, analyze HUMINT information, and conduct debriefings and interrogations.

“Our goal is to quickly infuse 100 staff sergeants and sergeants first class to our HUMINT force from all other career fields.”

Sgt. Maj. Fernando Martinez-Irizarry  
Office of the Deputy Chief of Staff, G-2

The career field currently offers a Selective Reenlistment Bonus of up to \$30 thousand or a critical skills retention bonus of up to \$50 thousand.

Training is 24 weeks and four days or 27 weeks and four days, depending on the follow-on assignment. Classes begin on May 14, June 25, and Aug. 13.

Application deadline is March 30 for the first class and April 30 for the final two classes. Soldiers interested should be U.S. citizens, fully deployable and have a minimum General Technical score of 100.

For more information, call Sgt. Maj. Ronald Wheelock at 520-533-1174.  
(Source: Army News Service)

## Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

- April 25 from 1 to 2 p.m.
  - May 23 from 9 to 10 a.m.
  - June 14 from 1 to 2 p.m.
  - July 12 from 9 to 10 a.m.
  - Aug. 13 from 1 to 2 p.m.
  - Sept. 10 from 9 to 10 a.m.
  - Oct. 17 from 1 to 2 p.m.
  - Nov. 15 from 9 to 10 a.m.
- Soldiers and civilian employees

whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

- April 25 from 2 to 3 p.m.
  - May 23 from 10 to 11 a.m.
  - June 14 from 2 to 3 p.m.
  - July 12 from 10 to 11 a.m.
- For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

## Energy Conservation

### Tip of the Week

Use CPS Energy’s online home energy audit to determine



energy conservation opportunities in your home; visit [www.cpsenergy.com](http://www.cpsenergy.com). For more information about energy conservation, call Charles Neumann, resource efficiency manager, at 221-4147 or 215-6560.

## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or turned in on a disc accompanied by hard copy, by noon Monday.

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## Briefs

Continued from Page 1

### 'Days of Remembrance' at BAMC

Brooke Army Medical Center's "Days of Remembrance" Observance will be held Tuesday at 1 p.m. in the BAMC Medical Mall. Holocaust survivor retired Lt. Col. Charles Stein will share his Holocaust experience. Additionally, the BAMC entrances and Medical Mall will have "Days of Remembrance" displays and pamphlets April 15 to 27 from 8 a.m. to 5 p.m. For more information, call 916-5991 or 916-7167.

### Special Operations Career Fair

Stop by the Army Special Operations Career Fair to learn more about careers in Special Forces, Civil Affairs, Psychological Operations, 160th Special Operations Aviation Regiment, 75th Ranger Regiment, Explosive Ordnance Disposal and U.S. Army Special Operations Command. The fair will be held at the Phantom Warrior Complex, Fort Hood, Texas, April 11 and 12 from 11 a.m. to 7 p.m. For more information, call the Fort Hood Special Operations Recruiting Team at 254-288-7411.

### OCSC 'Tour of Homes'

The Officer and Civilian Spouses' club will sponsor a "Tour of Homes" April 14 on Fort Sam Houston. Tickets are \$10 through April 13. At the door, tickets will be \$15. For more information or tickets, call Christen Jensen at 212-5725.

### Spring Clean Up

Fort Sam Houston will conduct a Spring Clean Up April 16 to 20 to improve the appearance of the post and training areas. Dumpsters are located in the housing areas at Patch and Chaffee; Harris Heights; Graham, Dickman and Artillery Post; Infantry Post; and Watkins. Additional dumpster locations are Wilson Street and Garden Avenue; Brackenridge Road and S-27; Hood Street and North New Braunfels; and Winans Road, behind Building 1705.

### SAEDA, OPSEC training

Subversion and Espionage Directed Against the U.S. Army and Operations Security training will be held April 18 from 10 to 11:30 a.m. in the Evans Theater. A sign interpreter will be present. People should arrive early to sign in. Department of Defense personnel, to include contract employees, are required to take the training annually. Other sessions will be held throughout the year. For more information, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

### Asian Pacific Idol 2007

People with "star" quality are invited to participate in the Asian Pacific Idol Talent Competition May 26. The first auditions and elimination round will be held April 23 from 3 to 6 p.m. in the Army Community Service, Building 2797. Singers, dancers and poets are welcome to audition. The deadline to sign up for an audition is April 20. People from all ethnicities are welcome to participate. For more information or to sign up for an audition, call Master Sgt. Basheda Kelley at 930-9548 or e-mail basheda.kelley@usar.army.mil; or call Sgt. 1st Class Freida Carter at 930-9567 or e-mail freida.l.carter@usar.army.mil.



Photos by Doug Meyer

## D Company, 187th Medical Battalion welcomes new commander

Capt. Deon Maxwell (from right), outgoing commander, D Company, 187th Medical Battalion, watches as Lt. Col. Patricia Darnaur, commander, 187th Medical Battalion, passes the company's guidon to incoming commander, Capt. Sheron Middleton. Maxwell will be staying in the neighborhood working with the 32nd Medical Brigade.

Deonna Maxwell sings the National Anthem at her father's change of command, Capt. Deon Maxwell, outgoing commander for D Company, 187th Medical Battalion, March 21 held outside the company's headquarters. Maxwell and Lt. Col. Patricia Darnaur, commander, 187th Medical Battalion, salute as Deonna sings the anthem.



# Officials announce major unit rotations for Iraq

By Jim Garamone  
American Forces Press Service

WASHINGTON — More than 7,000 service members will deploy to Iraq in the coming months, including two units that will not have been back at their home stations for the year they expected when they returned home from their last deployments, Defense Department officials said.

The rotations will enable commanders in Iraq to maintain 20 brigade combat teams in the theater through the end of August, officials said.

The 3,500 Soldiers of the 1st Brigade, 10th Mountain Division, Fort Drum, N.Y., will return to Iraq 47 days before their one-year stateside "dwell break" is finished. The headquarters of 4th Infantry Division, Fort Hood, Texas, will return to Iraq 81 days early.

"The level of effort that the United States is maintaining in Iraq is a build-up to 20 combat brigades," said Pentagon spokesman Bryan Whitman. "These combat brigades — with these additional troop rotations — will permit the surge to commit at that level through the end of August."

The 18th Airborne Corps from Fort

"The rotations will allow commanders the latitude they need to continue operations in Iraq. They can maintain the level, go down or go up depending on the circumstances."

Bryan Whitman  
Pentagon spokesman

Bragg, N.C., will replace the 3rd Corps out of Fort Hood, Texas, as the lead unit for Multinational Corps Iraq in November. The corps headquarters is at Camp Victory outside Baghdad.

The 1st Armored Division headquarters, from Wiesbaden, Germany, will go in to replace the 25th Infantry Division headquarters, Fort Shafter, Hawaii, in August. The 25th Infantry Division headquarters will extend in Iraq for 45 days. The 25th Infantry Division is the headquarters for the Multinational Division North, based in Contingency Operating Base Speicher, near Tikrit.

The 4th Infantry Division will return to the Iraqi capital to replace the 1st Cavalry Division as headquarters for Multinational Division Baghdad in September. The 4th served a year as the lead for Multinational Division Baghdad through 2006. The 1st

Cavalry will depart on schedule.

The rotations will allow commanders the latitude they need to continue operations in Iraq. They can maintain the level, go down or go up depending on the circumstances, Whitman said.

"What you are seeing here today reflects a decision that will carry the effort of 20 brigade combat teams through August '07," he said.

There will be other decision points for commanders in Iraq over the next few months, he said. There are roughly 1,000 service members apiece in the division headquarters.

A DoD official said today the department regards the dwell break for the two units as significant, and that proposals being worked in DoD would compensate servicemembers who either go back to Iraq early or are extended in the country.

# DoD Health Affairs nominee to bring patient's perspective to job

By John D. Banusiewicz  
American Forces Press Service

WASHINGTON — President Bush's nominee to be the Defense Department's next top health care official promised the Senate Armed Services Committee here yesterday that he'd bring a patient's perspective to the job if confirmed.

At his confirmation hearing, Dr. S. Ward Casscells III told senators he'd experienced DoD health care firsthand as an Army Reserve colonel in Iraq and later was frustrated by "the bureaucracy that has been in the news lately" upon his return.

"If it's frustrating for a colonel, you can imagine how frustrating it is for a sergeant or corporal," he said, "particularly if they've had a head injury or their family are 1,000 miles away and can't be advocates for them. So ... we've got to fix that and make it fair and fast."

Casscells suffered an elbow injury in Iraq when the Humvee he was riding in swerved to avoid an improvised-explosive-device tripwire. The injury became infected, and he was treated at the 10th Combat Support Hospital in Baghdad.

"I wasn't badly injured," he said. "It was a small injury, but it was just enough to get me into the system as a patient."

Casscells, who is a distinguished professor and vice president of biotechnology at the University of Texas Health Science Center at Houston and director of clinical research at the Texas Heart Institute, said his experience gave him "an interesting insight" into the dedication of the military's medical personnel.

"As the major was draining my elbow, an Army captain, who is a nurse, came in and said, 'Heads up everybody. We've got three birds coming in with about six Iraqi victims, bad IEDs. Everybody who hasn't given blood lately, roll up your sleeves.'"

... And then she caught sight of me and said to the major, "What's that colonel doing here? Get him out in the hall. I need that bed!"

Casscells said he would continue — and accelerate, if possible — efforts by current Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder Jr. to implement electronic medical records and other improvements to efficiency and accountability. He cited his own experience in acknowledging that the current system needs attention.

"I do know that when I was in Iraq, it amused me to look up my record on Army Knowledge Online — one of our Web sites — and to find that my deployment status was 'amber,' which means I was not fit to be deployed, and yet there I was," he said. "So clearly there are issues like that."

The DoD health affairs nominee said that if confirmed, he'll need time to assess the findings of various task forces and hearings investigating issues related to military health care and its bureaucracy, but he added it's clear to him the military is taking these matters "very seriously."

"It sounds like there's a lot of support for improving things — to take a system which is very good and make it absolutely superb," he said.

# Resident Utility Program

## Housing to issue ‘mock bills’ to residents in June

Lincoln Military Housing will implement the Resident Utility Program at Fort Sam Houston in June.

In May, LMH will host town hall meetings to provide residents with information on the process, mock-billing stage, third party company involvement and actual billing implementation.

Starting June 1, LMH will begin issuing “mock bills” to residents. The “mock billing” period will last for six months.

**Billing process**

LMH will establish an appropriate consumption baseline for utilities for like houses during the six-month “mock billing” period. During the “mock billing,” LMH will provide residents information regarding their consumption and costs as compared to the allowance or baseline appropriate for their home. The monthly utilities allowance is based on the average consumption used in the house the residents live in and other similar houses. Residents will only be responsible for electric and gas consumption. Water is paid for by the project.

During the “mock billing,” residents will not be responsible for paying any overages or receive payments from savings. Following the “mock billing” period, actual billing will commence, and residents who conserve at certain levels will have the opportunity to receive a payment or credit; those who do not conserve will be required to pay for their excess consumption. The utilities consumption baseline will be adjusted each year.

**BAH break down**

In computing Basic Allowance for Housing, the Department of Defense includes local price data of rentals, average utilities and renter’s insurance. DoD collects the data annually in the spring and summer when housing markets are most active. However, DoD has never separated rent, utilities and insurance into individual amounts. Therefore, the BAH amount has no relationship to what the Soldier will be charged for utilities.

An average utility allowance will be identified for each resident from within their rental payment based on the average cost of utilities for comparable homes in their housing areas.

The utility allowance will be used to pay for each resident’s gas and electric. If residents conserve and use utilities wisely, there will be little or no out of pocket expenses. Responsibility means awareness of usage and conservation. If utilities are used responsibly and are below an established baseline, families will receive a rebate. Only if they consume above that baseline will residents owe the difference.

**BAH tied to improvements**

BAH includes local rent, average utilities and renter’s insurance, which applies to government or privatized housing. Many service members are not aware of this fact. Service members residing in government housing are used to the government paying all expenses associated with living in housing, to include utilities and damage to personal property.

Under privatization, BAH is used locally to eliminate inadequate housing and provide service members and their family members with improved homes and high-quality community and recreational facilities. The savings made by conserving energy will stay at Fort Sam Houston and means more money for construction of new homes and community facilities at the installation.

**Benefits remain**

Benefits remain the same except now residents have the opportunity to live in much better housing then ever before. Service members are not required to live in on-post privatized housing. However, feedback from service members indicates they enjoy many benefits from living on post, including quality homes, house and lawn maintenance, an increased sense of safety and security, and improved access to services.

LMH, along with their third party billing company, is completing the final processes that will allow them to create a baseline for residents’ homes. Town hall schedules are forthcoming; watch for flyers and articles in the News Leader.

For more information, call LMH at 270-7638 or e-mail [ftsamhoustonquestions@lpsi.com](mailto:ftsamhoustonquestions@lpsi.com).

(Source: Residential Communities Initiative)

# Troops, spouses still needed as teachers

By Meryl Kettler  
Special to the News Leader

People interested in finding out more about Troops to Teachers and Spouses to Teachers are invited to a “Teaching as a Second Career Seminar” April 20 from 1 to 3 p.m. at Building 2263, Room B100, on Stanley Road. The seminar is hosted by the Army Career and Alumni Program Center.

Meryl Kettler, the state TTT/STT coordinator, will present information and answer questions about the programs and processes involved in becoming a teacher. Representatives from several local alternative certification programs also will be available to present information on

their programs.

In response to the continuing teacher shortage in the San Antonio area, TTT is actively seeking veterans with bachelor’s degrees who are already retired or those who will be retiring within the next year, and who want to begin a career in teaching. Degreed reservists and National Guard members in drilling status may also qualify for TTT if they meet length of service requirements.

The TTT program offers advice to veterans who want to become teachers with information tailored to each individual’s specific situation. Financial aid is also available for certain candidates. An applicant can receive up to \$5,000 to pay for a teacher certification program. Or, if participants teach on a high-needs campus, they could

receive \$10,000 as a bonus. Texas participants have received more than \$2 million in stipend and bonus funds over the last four years.

In addition to reaching out to military retirees, Texas is also very active in the new Spouses to Teachers Program. In September 2004, the Department of Defense began an initiative targeted at the spouses of active duty personnel and drilling status Guard and Reserve members. Since that time, the Texas office has worked with more than 1,400 military spouses seeking certification. In addition to advisement, STT provides a reimbursement fund to repay a spouse for the costs of teacher certification examinations.

For more information, call the ACAP at 221-1213.

# Hiring heroes

Continued from Page 1

The two-day event at Fort Sam Houston kicked off with a resume-writing workshop March 26 staffed by 45 volunteers from post and Lackland and Randolph air force bases. Each service member walked away with an electronic version of their resume, thanks to a donation of 125 thumb drives by the Soldier and Family Assistance Center here. Service members put the preparation to good use March 27 at the fair.

Spc. James Johnson hopes taking steps now will pay off in the future. Although, still a year away from separation, Johnson is ensuring he’s well prepared.

“I’m feeling it out,” said Johnson, who visited several booths at the fair. “I’m looking into several career paths; I’m not ruling anything out at this point.”

Johnson was injured in September when he took the brunt of the blast from a thousand pounds of explosives in Iraq; he was standing only 5 feet away from the suicide bomber.

“When you come back wounded, you start to question whether you’ll have any value to society,” said Johnson, who sustained burns, a fractured ankle and hearing loss from the explosion.

“Job fairs like this one let them (wounded service members) know that there are opportunities and companies that want them.

“It’s a huge support and morale boost.”

Staff Sgt. Troy Tallent also attended the fair with “high hopes” for a job opportunity. Just 60 days out from medical retirement, Tallent stopped by most of the booths to gather information about prospective jobs.

“I’m planning for the future,” said the water well driller. Tallent was injured in Iraq when he fell off a vehicle and injured his back. “This fair is a good thing. It shows the American public is behind us.”

While service members expressed gratitude for the opportunities, the employers said they felt the service members were the ones who should be thanked.

“Military members make terrific employees,” said James Critz, who was manning the Northrop Grumman Corp. booth. “They’re loyal and have the skills and work ethic you can’t find in other places.”

With available jobs ranging from cooks to ship builders, “we’re here to hire,” Critz said.

Linda Springer, director, U.S.

Office of Personnel Management, predicted the private sector would have stiff competition from federal employers at the fair. “Across the federal government, over the next nine or 10 years, we will lose roughly around 40 to 50 percent of the federal workforce; 60 percent are eligible for retirement, so that means there is an abundance of opportunity.”

“We need to give these Soldiers a chance,” said Hilbert Rodriguez, a retired sergeant major who now works for the Defense Contract Management Agency. “They’ve done their contribution by defending us; now it’s our turn to take care of them.”

Bradshaw said that is her commitment, as well. “As we continue to think of ways to serve our military members here, we’re going to continue these military job fairs, not only at the military treatment centers, but we’re now expanding our reach into the communities.”

The first community-based Hiring Heroes Career Fair was held at Fort Dix, N.J. in March, with more than 250 service members in attendance from about a 100-mile radius, Bradshaw said. “There have been 80 job offers that we know of



Photo by Elaine Wilson

Spc. James Johnson discusses job opportunities with Rhonda Bailey, from the Defense Logistics Agency, March 27 at the Hiring Heroes Career Fair. At the fair, U.S. Army Garrison Commander Col. Wendy Martinson asked attendees to remember the coordinators behind the scenes, to include the Army Career and Alumni Program and the Directorate of Human Resources.

today as a result.

“We will continue our journey because we want to walk with our service members as they begin this new journey into re-entry into civilian life if they choose to do so,” she said. “Not only do we owe them every opportunity for jobs, but we also owe them the best medical care and physical rehabilitation and mental health care that this nation has to offer.”

Maj. Gen. Russell Czerw, installation commander, said fairs like this one demonstrate to the wounded warriors “that we do genuinely care about them. Their uncertainty of their future may look a little bit more hopeful and a little brighter as they attend and look for employment by the opportunities all of you today will give them.”

# Vanpools increase travel options for commuters

In 2006, VIA Metropolitan Transit began offering vanpool service to provide travel options for people in areas not well suited for traditional fixed-route bus service.

In VIA’s vanpool program, at least six people share the ride to work in a van provided by Enterprise Rent-A-Car while splitting the rental and fuel costs. Vans are available in models that can accommodate seven, 12 or 15 passengers, and they are rented out on a month-to-month basis. One member of the group is designated as the driver. This person gets to ride free in exchange for driving and maintaining the van.

The cost to each person ranges from about \$50 to \$110 per month, depending on the size of the vanpool and distance traveled. The cost includes insurance, 24-hour roadside assistance and maintenance. VIA kicks in \$20 per

person per month to help offset the cost of the program, and sometimes employers help subsidize the vanpools. If an employer subsidizes and arranges for payroll deductions, riders can pay for the vanpool with pre-tax dollars similar to medical or retirement benefits.

Military members, Department of Defense and other federal employees qualify for a transit voucher with a value of up to \$110, which allows them to take advantage of the vanpool program at essentially no cost to them.

Participants in vanpools enjoy hassle-free commutes to work, and they save on fuel and parking costs. They arrive at work or home more rested and relaxed. In the event of an emergency while at work, a Guaranteed Ride Home program is available to vanpoolers to give them peace of mind.

Vanpools can be formed and go anywhere as long the trips begin or end in Bexar County. Members of a vanpool will typically select a convenient pick-up point – a VIA park and ride, a grocery store, a church parking lot or a similar location – to begin the trip. After the workday, the van delivers the riders back to the pick-up point, and the driver takes the van home. In addition to riding free, the vanpool driver gets to use the van on evenings and weekends for up to 200 miles per month as long as he or she keeps a daily log, handles the vanpool group finances and takes the van in for scheduled maintenance.

For more information, call 362-2555, visit [www.viainfo.net](http://www.viainfo.net) or e-mail [vanpool@viainfo.net](mailto:vanpool@viainfo.net).  
(Source: VIA Metropolitan Transit)

## Fort Sam Houston shuttle bus schedule

Transit Billets B-1384 (S-1)	232nd B-1350 (S-2)	232nd B-1379 (S-4)	232nd B-1375 (S-6)	TMC B-1279 (S-8)	PX B-350 (S-11)	Gym B-320 (S-12)	Hood Road B-4015 (S-13)	P.E. Board B-198 (S-15)	SJA B-134 (S-16)	HRBC FIN B-2263 (S-18)	In/Out Process B-367 (S-19)	187th B-2791 (S-20)	AMEDD MEDCOM B-2792 (S-21)	12th Brigade B-1001 (S-24)	Army Lodging B-592 (S-25)	Dental Clinic B-2375 (S-26)	Lemon Lot/PX B-2434 (S-27)	Vet Lab B-2630 (S-28)	BAMC B-3600 (S-30)
6:30				6:32			6:34								6:39				6:50
6:56				6:59			7:00								7:05				7:16
7:22	7:23	7:24	7:25	7:27	7:31	7:33	7:34	7:36	7:37	7:39	7:40	7:43	7:44	7:46	7:47	7:50	7:52	7:54	8:01
8:07	8:08	8:09	8:10	8:12	8:15	8:18	8:19	8:21	8:22	8:24	8:25	8:28	8:29	8:31	8:32	8:35	8:37	8:39	8:46
8:52	8:53	8:54	8:55	8:57	9:01	9:03	9:04	9:06	9:07	9:09	9:10	9:13	9:14	9:16	9:17	9:20	9:22	9:24	9:31
9:37	9:38	9:39	9:40	9:42	9:46	9:48	9:49	9:51	9:52	9:54	9:55	9:58	9:59	10:01	10:02	10:05	10:07	10:09	10:16
10:22	10:23	10:24	10:25	10:27	10:31	10:33	10:34	10:36	10:37	10:39	10:40	10:43	10:44	10:46	10:47	10:50	10:52	10:54	11:01
11:07	11:08	11:09	11:10	11:12	11:16	11:18	11:19	11:21	11:22	11:24	11:25	11:28	11:29	11:31	11:32	11:35	11:37	11:39	11:46
11:52	11:53	11:54	11:55	11:57	12:01	12:03	12:04	12:06	12:07	12:09	12:10	12:13	12:14	12:16	12:17	12:20	12:22	12:24	12:31
12:37	12:38	12:39	12:40	12:42	12:46	12:48	12:49	12:51	12:52	12:54	12:55	12:58	12:59	1:01	1:02	1:05	1:07	1:09	1:16
1:22	1:23	1:24	1:25	1:27	1:31	1:33	1:34	1:36	1:37	1:39	1:40	1:43	1:44	1:46	1:47	1:50	1:52	1:54	2:01
2:07	2:08	2:09	2:10	2:12	2:15	2:18	2:19	2:21	2:22	2:24	2:25	2:28	2:29	2:31	2:32	2:35	2:37	2:39	2:46
2:52	2:53	2:54	2:55	2:57	3:01	3:03	3:04	3:06	3:07	3:09	3:10	3:13	3:14	3:16	3:17	3:20	3:22	3:24	3:31
3:37	3:38	3:39	3:40	3:42	3:46	3:48	3:49	3:51	3:52	3:54	3:55	3:58	3:59	4:01	4:02	4:05	4:07	4:09	4:16
4:22	4:23	4:24	4:25	4:27	4:31	4:33	4:34	4:36	4:37	4:39	4:40	4:43	4:44	4:46	4:47	4:50	4:52	4:54	5:01

# Being ‘green’ has its perks

Story and photos by Cheryl Harrison  
Fort Sam Houston Public Information Office

Who said it’s not easy being green? Oh yes, Kermit the Frog! But, Kermit never attended an “It’s Not Easy Being Green Conference” for Army spouses at Dodd Field Chapel on Fort Sam Houston.

The fifth annual “It’s Not Easy Being Green” conference was held March 29 and 30 at Dodd Field Chapel and attended by about 70 women, with an occasional man popping (or would that be hopping) in to welcome the attendees and to encourage them to enjoy the two-day sessions.

Keynote speakers were scheduled and workshops were offered on topics like flower arranging, tips on decorating military quarters, yoga and Internet safety. These were just a few of the items taught that kept the attendees busy during the two-day conference.

“This is a big community builder and morale booster,” said Wendy Rand, committee member.

Following the morning registration, the ladies congregated for the opening session and were offered a wide array of breakfast items from fruit to muffins, as well as coffee, tea and water.

With child care provided by Child and Youth Services, the greeting time was spent chatting with old acquaintances and meeting new friends.

When asked why she was there, Milena Dandy said, “I just wanted to know what was going on.” Newly arrived to the San Antonio area and wife of an active duty Soldier, she came to the right place to

meet other military spouses.

With much excitement, Judith Markelz, director of the Soldier and Family Assistance Center, gathered the group to introduce the morning’s keynote speaker, retired Col. Lark Ford. “If any person in this room had an opportunity in their life to spend 15 minutes with our first speaker, you were a better person for it.”

“We could not think of anyone better to be the first day’s keynote speaker than Lark Ford, sister, nurse and a friend to every single Soldier and their family that went through the doors of Brooke Army Medical Center,” Markelz added.

In a much too brief talk, Ford said, “I’ve narrowed my topic of ‘everything you thought you knew about health and there’s still more’ to three main topics: coping with stress, enjoying the art of sighing and eating dark chocolate.”

Ford spoke to the ladies on topics she was well versed on, and familiar with, as wives, mothers and caregivers. Her words brought encouragement and wisdom to those present. Referencing her favorite book, “Simple Abundance,” by Sarah Ban Breathnach, Ford spoke on improving one’s health and well being with journaling, taking lots of deep breaths in the form of a sigh, carving out time for oneself and adding a dose of dark chocolate daily, “nurse’s orders.”

On hand to offer his support was Maj. Gen. Russell Czerw, commander, Army Medical Department Center and School and Fort Sam Houston. Sporting a “green” uniform and toting a large stuffed green frog, the mascot for the conference, Czerw



Wendy Heaney (left), floral arranging instructor, demonstrates the basics of creating a small floral centerpiece. Gail Badger (right) was just one of about 70 ladies who took part in the “It’s Not Easy Being Green” conference.

grinned and with a deep sigh offered “chocolate?” Amid the laughter he even sang a few bars of the Kermit song, “It’s not easy being green.”

On a serious note, Czerw welcomed everyone and encouraged them to take the day and unwind. “Learn some great things, meet some new friends.”

After the exciting words of encouragement, the ladies attended scheduled workshops throughout the day that not only taught something new, but uplifted, enlightened, motivated and strengthened their lives in the military as women, wives, mothers and invaluable contributors to the Army community and being ‘green’ was something to be proud of.



Retired Col. Lark Ford of the University of Texas Health Service Center delighted the attendees of the annual “It’s Not Easy Being Green” Conference March 29 and 30.

Women History Month

Women moving history forward

By Minnie Jones  
Fort Sam Houston Public Information Office

About 100 people from Fort Sam Houston celebrated Women’s History Month with a ceremony March 29 at Army Community Service sponsored by the Equal Employment Opportunity Program.

This year’s theme was “Generations of Women Moving History Forward.”

Connecting with the theme, guest speaker Lt Col. Suzanne Adkinson, 470th Military Intelligence Brigade analysis and control element chief and the 636th MI Battalion commander, recognized several women who have participated along with men in every war throughout American history.

Adkinson traced women’s contributions to the military beginning with the Revolutionary War to the present-day war on terrorism. She first highlighted Mary Ludwig Hayes, of the Revolutionary War, who accompanied her husband into battle at Monmouth. She earned the nickname “Molly Pitcher” because she carried water in a pitcher to her husband and others onto the battlefield. When her husband collapsed in battle, she courageously took his place at the gun and continued firing his cannon.

“During World War II, 150,000 women were participating in the war in some capacity or another. Even though America needed more men to serve in the war, they also needed more civilians in the workforce to support the war; women filled that void,” she said.

In addressing the Vietnam War, Adkinson paid reverence to another war hero, 1st Lt. Sharon Ann Lane, recipient of the Vietnamese Gallantry Cross and the Bronze Star for Heroism. Lane was wounded when the 312th Evacuation Hospital at Chu Lai was hit by rockets June 8, 1969. She died from her injuries in 1970.

Adkinson also highlighted the women of today and remarked on how 10 years ago, women didn’t serve in combat. “However, in today’s Iraq and Afghanistan wars, we don’t know where the enemy is, there are no clear-cut lines; it’s hit or miss. So even though we are not assigned to traditional combat service, we continue to find ourselves in combat. So, in my mind this could potentially change.”

In closing, Adkinson recalled pivotal moments in her military career by highlighting the challenges she faced while serving as a Soldier, as well as a wife and mother.



Photo by Olivia Mendoza

Lt. Col. Suzanne Adkinson, 470th Military Intelligence Brigade analysis and control element chief and the 636th MI Battalion commander, receives a Postal Commemoration of Women in Military Service from Charles Shelby, Army Community Service volunteer, March 29. Adkinson was the guest speaker at Fort Sam Houston’s Women’s History Month ceremony.

Women’s History Month celebrated by Soldier Warriors

By Ben Paniagua  
Hacienda Recreation Center

About 100 advanced individual training and initial entry training Soldiers from the 32nd Medical Brigade celebrated the annual Women’s History Month Celebration at the Hacienda Recreation Center March 29.

The program is held annually in celebration of the accomplishments and achievements of women over the years and is held in partnership between the Hacienda Recreation Center and the Equal Opportunity Office, 32nd Medical Brigade.

The purpose of the EO program is to enlighten young Army Soldiers of the different minorities and cultures in the United

States. The program is conducted in an educational and entertaining manner, in an effort to showcase the betterment to society.

The guest for the event, Paula Chavez, First Sergeant for Company A, 264th Medical Battalion, spoke on women and their role in our history, not only in the United States but in the world. Chavez highlighted achievements in politics, science, the military, inventions and every aspect of society.

Chavez said, “This type of program is good for Soldiers because it gives them a monthly overview of ethnic observances.”

Spec. Pedro Lopez, A Company, Brooke Army Medical Center, read one of his original poems about women and how they have made a positive impact on our

lives. Lopez is a gifted poet and has shared his talent at various functions on the installation.

A short film on Women’s History and a trivia contest with prizes to the winners proved to be big hits with the audience. Pastries and punch was also served during the event.

Sgt. 1st Class Diana Istre, Headquarters 32nd Medical Brigade commented, “The EO Advisor’s and the EO representative’s did a wonderful job. The program was

very youthful and energetic and I think Chavez gave a great speech and is a wonderful role model.”

The program was sponsored by San Antonio Federal Credit Union, DeVry University, the MILES Program, Central Catholic, Providence, Eisenhower Bank, Enterprise, Century 21, Balfour Military Rings, The Laser Eye Center and Morale, Welfare and Recreation. All sponsorship was handled through the sponsorship office of the Directorate of MWR Marketing.

Sexual Assault Awareness Month

Protect self, loved ones from sexual assault

By Angela Moss  
Installation Victim Advocate

The month of April has been designated as Sexual Assault Awareness Month, and with the designation comes a lot of attention to the prevention of sexual assault. Many times we hear about a sexual assault that has taken place and think how horrible it is, but we never consider that it could happen to us, or someone we love. We also would like to believe sexual assault is not a problem in the military and that we are safe.

The reality, however, is sexual assault can happen to anyone regardless of age, race, gender, education or profession. Sexual assault does happen in the military and it does happen at Fort Sam Houston.

Brig. Gen K.C. McClain, who heads the Department of Defense joint task force for sexual assault, said, “sexual assault prevention begins with you. Everyone from our most junior member to our most senior member has a role in prevention and response. It is not a commander’s program, it is everyone’s responsibility.”

Statistics show that one in six American women, and one in 33 men, are victims of sexual assault. According to the National Victim Center, rape is the most under reported violent crime in America. In a large national survey of American women, only 16 percent of the rapes (about one out of every six) had been reported to police.

When we hear about rape most people think of a stranger behind the bushes ready to attack. While this does happen, the majority of sexual assaults are committed by someone who is known to the victim. The

The reality is sexual assault can happen to anyone regardless of age, race, gender, education or profession. Sexual assault does happen in the military and it does happen at Fort Sam Houston.

Department of Justice published a study which showed that 82 percent of the victims were raped by someone they knew and 18 percent were raped by a stranger.

The statistics from Fort Sam Houston shows the same trend. In 2006, the Sexual Assault Response Program received 67 cases of alleged assaults. Of these 67 cases, 75 percent of the alleged perpetrators were known to the victim. Alcohol also plays a huge factor in these assaults – 58 percent of the sexual assault cases at Fort Sam Houston involved alcohol consumption.

So, how do we keep ourselves and our loved ones safe? Are there any preventative measures that we can do to decrease our risk? Thankfully, the answer is yes. The following are just a few tips to help you stay safe:

- Know your environment.
- Know your limits when consuming alcohol at a bar or club.
- If having a first date, go to a public place.
- Drive your own car and meet your date at a central location.
- When out in a group, use the buddy system and don’t leave anyone behind.
- Don’t accept drinks from someone you don’t know.

- Don’t leave your drink unattended.
- Always carry emergency cash and keep phone numbers for local cab companies on hand.
- Avoid putting on music headphones in both ears so that you can be more aware of your surroundings.
- Trust your instincts. If you feel unsafe in any situation, go with your gut.

These are a few tips to minimize your risk, but unfortunately there is no surefire way to prevent an attack. If you or someone you know has been assaulted, please know the assault is not your fault and there is help.

If you are active duty military, you can contact the Sexual Assault Helpline at 722-4920. This hotline is answered 24 hours a day, seven days a week by a sexual assault response coordinator. There are three installation victim advocates trained to help. If you are a civilian, you can contact the Rape Crisis Center hotline at 349-7273. This hotline is also answered around the clock by a trained victim advocate. You are not alone and there are people who want to help. For more information about sexual assault, call the Family Advocacy Program at 221-0349 or the Rape Crisis Center at 521-7273.

Food safety tips for handling boiled Easter eggs


With the Easter holiday Sunday many children will look forward to a visit from the Easter Bunny and a traditional Easter egg hunt. While it is certainly possible to use hard boiled eggs for an Easter egg hunt it is very important to remember hard boiled eggs should not be eaten if they are left out too long, and eating them could pose a health hazard for young children. Keep these safety tips in mind to keep the Easter holiday safe: consider using plastic eggs for the Easter egg hunt instead of

hard-boiled eggs and it is safer to treat colorful hard-boiled Easter eggs as disposable decorations, not food.

If you do use real eggs as part of your family’s Easter tradition, follow these simple safety measures to help keep dyed Easter eggs safe to eat:

- Wash hands thoroughly with warm, soapy water before handling the eggs.
- Eggs should be cooked until the yolks and whites are firm.
- Cool eggs quickly, either under cold run-

- ning water or in an ice bath.
- When coloring eggs, use a food-safe dye.
- Do not decorate, hide or eat cracked eggs.
- Refrigerate eggs (41 degrees farenheit or below) until it is time to hide them.
- Choose hiding places with care, avoiding areas where the eggs could come in contact with harmful bacteria or chemicals.
- Refrigerate immediately after hunting eggs; discard eggs that have been out of



the refrigerator for more than two hours.

- Hard-boiled eggs that are stored in a refrigerator at 41 degrees farenheit may be kept up to seven days.


(Source: <http://www.dhss.mo.gov/SalmonellaEasterEggs.pdf>)

**Blood is fluid of life**

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



**WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?**

**IT CAN HAPPEN.**

The Financial Readiness Program at Army Community Service offers this new service. For more information, call 221-1612.




**Emergency numbers**

**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



# Soldiers enjoy Boss Texas Hold’em tournament

By Ben Paniagua  
Hacienda Recreation Center

Fifteen advanced individual training and initial entry training Soldiers from the 32nd Medical Brigade enjoyed an evening of poker at the Hacienda Recreation Center March 28. The “Better Opportunities for Single Soldiers” Texas Hold’em Tournament is a fancy version of an old poker game. The evening’s tournament was such a success another is planned in the very near future to accommodate more Soldiers and possibly be a weekend tournament with more play time. Spec. Justin Geddas, Boss representa-

tive for C Company, Brook Army Medical Center was the tournament director. Geddas received lots of positive feedback from participating Soldiers. “There were some great poker players in this tournament,” said Spec. Geddas. “This is a very popular version of poker, which is why so many Soldiers wanted to participate. The dealers in the tournament did an outstanding job of keeping the tournament going.” Pvt. Jason Pemberton, Company A, 232nd Medical Battalion walked away with first place for his efforts, Pemberton received a \$50 gift certificate for the Army and Air Force Exchange Service as

well as a plaque. “You should have it more often, like once a month. I really enjoyed it, especially winning,” Pemberton said. In second place was Spec. Mona Nouripour, Company B, 232nd Medical Battalion. Nouripour recieved a \$25 gift certificate to AAFES. “It was fantastic,” said Nouripour. “I love the game.” Third place, an AAFES \$20 gift certificate, went to Pvt. Michael Martinez, Company B, 232nd Medical Battalion. Martinez said, “It was a great stress reliever. Maybe a longer tournament on Saturday would be even better.”

Soldiers were treated to hot dogs with all the trimmings, pastries and punch, and a drawing for an AAFES \$25 gift certificate was presented by Doug Anderson from Eisenhower National Bank. The evening’s event was sponsored by Sprint, First Command, Starkey Mortgage, The Laser Eye Centers, Balfour Military Rings, USAA, Eisenhower Bank, Ford, Keller Williams, Devry University, Military.Com, Sunset Station, Century 21, Kel Lac Uniforms and Central Catholic. All sponsorship was handled through the sponsorship office of the Directorate, Morale, Welfare and Recreation Marketing.

## Gone fishin' Four simple things to do before heading to lake

By Capt. Cody Roberson  
Special to the News Leader

Attention all beginner fishermen with new fishing tackle and avid anglers with a bunch of new equipment received at Christmas. Now would be a great time to break out that fishing equipment and conduct personal pre-combat checks and pre-combat inspections before heading off to the lake. First things first though. If that rod and reel has been sitting in the garage all winter, take the old line off and re-spool it with new fishing line. Fishing line becomes frail and brittle and should be re-spooled often. Next, organize the tackle box. Toss out old bait that has been stored awhile. Organizing the tackle accomplishes several things. It gets tackle in order so valuable fishing time isn’t used untangling lures, hooks and line. It can also make a tackle box a safe place for fingers and hands. Sinking a rusty hook

deep into an index finger is not the way to begin a day of fishing. Then, for health’s sake, pick up some sunscreen, bug repellant and snacks at a local Army and Air Force Exchange Service gas station. There is nothing worse than coming home miserable, cooked alive by the hot Texas sun or chewed up by the mosquitoes. This is a sure way to deter new and seasoned anglers from a great outdoor sport like fishing. Finally, and very important, pick up a new fishing license and the “2006-2007 Texas Parks and Wildlife Outdoor Annual Hunting and Fishing Regulation.” Ask for the super combo hunting and fishing license, which is free to service members. Keep in mind, fishing without a license, harvesting too small a fish or too many fish is against the law and can ruin a great day of fishing Now that the checklist is complete, be safe on the lake and have a great time. Good luck fishing!

### Sports Briefs . . .

**Boxers wanted**  
The Jimmy Brought Fitness Center is seeking boxers as it hosts another round of boxing excitement. Boxing at the Brought IV will be held June 2 at 6 p.m. Boxers must be registered and in training 30 days prior to the event. If interested in participating as a boxer in this or future events, call the Intramural Sports Branch at 221-1180 or e-mail earl.t.young@us.army.mil. Event T-shirts are on sale at select locations. For more information, call 221-1234.

**Kids Judo**  
The Fort Sam Houston Judo Club will begin a six-week Kids Judo course for ages 6 to 16 April 14 at the Jimmy Brought Fitness Center on Wilson Road. An orientation and uniform fitting will be held April 14 from 9 to 10 a.m. The cost of the six-week class is \$100, which includes uniform and USA Judo membership. Classes will be held Wednesdays from 6:40 to 7:30 p.m. and Saturdays from 9 to 10 a.m. Adult classes are also available for ages 17 and older. There will be no cost to active,

Reserve and Guard members. For more information, call 279-1742, e-mail kjo-hansen@satx.rr.com or visit www.sajudo.org.

**Interested in sumo?**  
The Lone Star Sumo Kyokai is recruiting members to establish a Fort Sam Houston team. The team will compete in a local tournament scheduled for May 5. The sport is not just for the “big” boys anymore; there are both men and women’s weight divisions. The instructor is Tom Zabel, a 2nd degree black belt and national medalist with more than 19 years of sumo experience. For more information, call Zabel at 977-3202 or e-mail tszabel@lackland.af.mil.

**Volleyball tournament**  
The 2007 Asian Pacific Heritage Month Volleyball Tournament will be held May 12 from 8 a.m. to 5 p.m. at the Jimmy Brought Fitness Center. 320 Wilson Road. The tournament is open to military, family and unit teams. The registration deadline is April 27. For registration, e-mail Staff Sgt. Trapanger Stephens at trapanger.stephens@lackland.af.mil or trapanger.stephens@us.army.mil.

# Crime watch

## Take a bite out of crime; register bicycles on post

Registering a bicycle with a local law enforcement agency can increase the odds of having a bicycle returned in the event it is stolen and recovered. To help combat thieves, the Directorate of Emergency Services is setting up shop around post to offer people a convenient way to register their bicycles. The Fort Sam Houston Crime Prevention Section will be in post neighborhoods on the following days to register bicycles:

- Saturday from 9 a.m. to 2 p.m. at Artillery Post, Gorgas Circle, Wheaton Graham across from Building 407 on Dickman Road.
- April 14 from 9 a.m. to 2 p.m. at Harris Heights, outside the Patch Chaffee Shoppette.
- April 28 from 9 a.m. to 2 p.m. at Watkins Terrace outside of the Youth Center, Building 1705.

Bring bikes to the registration location; look for the DARE car. People also can register their bicycles Monday through Friday from 7:30 a.m. to 3:45 p.m. at the vehicle registration office, Building 367. For more information, call the crime pre-



Courtesy photo  
Toby and Loren Lubkeman visit with McGruff the Crime Dog during the bike registration event March 31 at Infantry and Staff Post.

vention office at 221-0990.

(Source: Fort Sam Houston Crime Prevention Office)



Photo by Esther Garcia

## Society unveils new Fiesta theme

Susan Reed, (right) San Antonio District Attorney unveils the Society for the Preservation of Fort Sam Houston Fiesta poster at Stilwell House as Miss Fiesta Teen San Antonio and John Manguso, post museum director, stand by. “Old American Canteen” is one of more than ninety fiesta events that will be held throughout San Antonio during 10 days of Fiesta from April 20 to 29. An Old American Canteen will be held April 21, at 7 p.m. at the Plaza Club. On behalf of the Fiesta Charitable Corporation, Reed also presented a check for \$1000 to the society for their involvement in preserving historical buildings. For more information, call Pris Trawick at 490-1818.

# Doors open wide at Fort Sam for ‘Tour of Homes’

Story and photo by Cheryl Harrison  
Fort Sam Houston Public Information Office

The Fort Sam Houston Officer and Civilian Spouses’ Club will host a guided tour of 11 of Fort Sam Houston’s most historic homes April 14 from 10 a.m. to 3 p.m. Tickets for the annual event are \$10 in advance or \$15 on the day of the event at the Stilwell House.

“The money earned during this popular event goes toward two very worthy programs: one half will go to our scholarship fund and the other to our welfare fund,” said Christen Jensen, chairperson for the Tour of Homes. “Last year we were able to raise over \$2,000 from the tour.

“I think people enjoy the tour because they get to see personal touches that families have added to the historical homes,” added Jensen.

This year’s tour will include 11 homes on post and includes the Stilwell House where the tour begins. Several of the homes will be decorated with themes and are said to be especially noteworthy. One home will be decked out for Fiesta in conjunction with San Antonio’s Fiesta events and another will honor Soldiers with a “welcome home” celebration flair.

Other homes on the tour include Staff Infantry housing, Artillery Post, Dickman and Graham housing. The Pershing house is also included on the tour. Each of the homes on the tour will have a hostess, who will escort ticket holders. All homes on the tour will have signs in front indicating they



Committee members for the Officers’ and Civilian Spouses Club Tour of Homes hold a planning meeting in the beautiful surroundings of the Stilwell House. Committee members are Betsy Waxman (from front left) Darlene Weber, Alicia Utz, Michelle Czerw, Sue McCarthy and Christen Jensen. The annual tour will be held April 14 and includes the Stilwell House as well as ten other historical homes on post.

are part of the tour.

The tour begins at the Stilwell House and lemonade and cookies will be served. The Army Medical Command Band will be on hand to entertain tour-goers.

Tickets are available for ID cardholders. The homes are not stroller accessible and children are discouraged from attending.

The OCSC is a nonprofit organization that benefits not only its membership, but many organizations on post. The club has a membership of about 100 spouses and offers an opportunity for spouses to meet new people, mentor younger or new spouses of Soldiers and has social as well as fundraising events. For more information about the OCSC or the Tour of Homes, call Jensen at 212-2114.

## Army Community Service Financial Readiness April class schedule

Class	Dates	Time
Personal Financial Management	Today	2 to 4 p.m.
Understanding Your Credit Report	Tuesday	2 to 4 p.m.
Financial Planning	April 12 and 17	2 to 4 p.m.

Personal Financial Management – The class consists of information on credit report, maintaining budgets, and effective savings plans.

Understanding a Credit Report- The class consists of pulling an individual credit report, reviewing, correcting and updating a credit report.

Financial Planning – The class consists of information on savings, credit and establishing budgets.

*Classes are held in Building 2797, 2010 Stanley Road, Training Room 1. Class space is limited. To register or for more information, call ACS Financial Readiness 221-1612.*

## Holy Week, Passover Schedule

### Catholic

#### Holy Thursday, Mass of the Lord’s Last Supper

Today at 5:30 p.m. at the Main Post Chapel and 7 p.m. at the AMEDD Chapel.

#### Good Friday, Celebration of the Lord’s Passion

Friday at 5:30 p.m. at the Main Post Chapel and 7 p.m. at the AMEDD Chapel.

#### Great Easter Vigil

Saturday at 8 p.m. at the Main Post Chapel.

#### Easter Sunday

Sunday at 8 a.m. at the AMEDD Chapel, 9:30 a.m. at the Main Post Chapel and 12:30 p.m. at Dodd Field Chapel.

### Protestant

#### The Living Last Supper

Today at 7 p.m.

#### Easter Sunday

Easter Protestant Outdoor Service

Sunday at 9 a.m. at MacArthur field. Refreshments will follow.

#### Protestant Service

Sunday at 11 a.m. in the Main Post Chapel.

*Note: The 8 a.m. Main Post Chapel, 1101 Contemporary Service and the AMEDD Chapel Protestant services will be cancelled Easter Sunday.*

### Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit [www.sam-houston.army.mil/chaplain/pwoc](http://www.sam-houston.army.mil/chaplain/pwoc).



Child and Youth Services

Patron survey

The Child and Youth Services Child Development Center and School Age Services are currently surveying patron needs for early morning facility openings. The survey can be completed at the child’s activity. The survey will assist the activity in setting hours of operation that best serve the needs of the community.

Summer camp registration

Summer Camp onsite registration for School Age Services and Middle School Teens will be held through Monday from 9 a.m. to 5:30 p.m. at SAS, Building 1705, for active duty only. An additional onsite registration will be at the MST, Building 1630, Monday through April 13 from 9 a.m. to 5:30 p.m. for active duty and eligible civilians. Camp registration will continue at Central Registration, Building 2797, after Monday from 8 a.m. to 5 p.m. SAS children must have completed kindergarten. Slots are limited.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet April 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. FAP will be provide a workshop on child abuse prevention. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff and learn of upcoming events and parent education opportunities.

Early morning child care

The Child Development Center and School Age Services program will open at 5 a.m. through April 29 for patrons requiring early morning physical training hours. A review will be conducted at the end of the 30 day period to assess program usage and cost effectiveness. If program demand is

low or not cost effective the facilities will return to their regular morning hours. Patrons will need to reserve two weeks in advance. Regular full day or before school users will pay their usual monthly rate. Intermittent users will pay a non-refundable, hourly fee rate that must be paid at the time of reservation. For more information, call Central Registration at 221-4871 or 221-1723.

CYS registration

Patrons must be registered with Child and Youth Services. To register, patrons must provide sponsor’s Leave and Earnings Statement, spouse’s W-2 form, updated shots for kindergarten through fifth grade, current health assessment for kindergarten through fifth grade, child’s Social Security number, two local emergency designees, family care plan if applicable and \$18 registration fee. Patrons who do not provide income verification will be placed in the highest category. SAS will require a non-refundable deposit. Any patrons owing a health assessment or family care plan from previous activities will not be registered.

Baseball registration

Youth baseball registration is ongoing at Central Registration for children ages 3 to 17. Participants must be registered with Child and Youth Services. To register, patrons must have a current sport physical, updated shots for kindergarten through fifth grade, child’s Social Security number, two local emergency designees, sponsor’s Leave and Earnings Statement and spouse’s W-2 form. There is an \$18 registration fee and \$45 baseball fee. If financial documentation is not provided patrons will be placed in the highest income category. For more information, call Central

Registration at 221-4871 or 221-1723.

Sports registration requirements

Registration for any Child and Youth Services sports requires a current sport physical and shot records for children fifth grade and younger, two local emergency designees, \$18 registration fee, activity fee, child’s Social Security number, sponsor’s Leave and Earnings Statement and spouse’s

W-2 form. Patrons who do not provide income verification will be placed in the highest income category.

Baseball coaches needed

The Child and Youth Services Sports Program is recruiting for volunteer baseball coaches. Applicants must consent to and clear background checks. For more information, call 221-4871 or 221-5513.

SKIES Unlimited classes available

The Child and Youth Service SKIES Unlimited program will offer classes for children ages six to 18 and who are registered with CYS. The SKIES School of Music will hold piano lessons every Tuesday in 30 minutes increments from 10 a.m. to 12 p.m. and 4 to 6 p.m. one half hour per week, and take place in Building 2018. The cost for each lesson is \$20. Lesson books are to be purchased by the students. The SKIES School of Sports will hold tennis lessons Monday through Friday, 3:30 to 4:30 p.m. for five to six year olds and 3:30 to 6:30 p.m. for six to 18 year olds. Lessons are held at the tennis court on the corner of Hardee and Scott Street on Fort Sam Houston. Children must furnish own tennis racket and missed lessons will not be made up. The cost is \$50 a month for the one-hour class and \$150 a month for the three hour class. Missed lessons will not be made up. The schedule may be adjusted for Federal Holiday. Payment is on a monthly basis and registration is required with Child and Youth Services prior to the first class, and the first month fees are due at time of registration at Building 2797. Fees are due and payable at the beginning of each month, and can be paid at the Child Development Center Building 2530, School Age Services Building 1705 or Middle School Teen Building 1630. To register or for more information, call CYS at 221-1723 or 221-4871.



Photo by Elaine Wilson



Photo by Olivia Mendoza

(Above) Cheryl Harrison gets her heart pumping as she gets her daily dose of cardio at the Jimmy Brought Fitness Center.

(Left) Olivia Mendoza, "Biggest Loser" participant, works her abdominals at the Jimmy Brought Fitness Center. Mendoza works out five days a week at the gym to achieve her goal of "looking good in a swimsuit this summer."

# Losing streak

## 'Biggest Losers' shape up, slim down

By Elaine Wilson

Fort Sam Houston Public Information Office

Olivia Mendoza is learning a new fitness-related math these days. She's discovered that her weight divided by the square of her height equals her body mass index, and that she can burn about 140 calories for every 10 minutes of high-intensity aerobics. By her calculations, she can then eat a 60 calorie chocolate rice cake and still be ahead by 80 calories, which she hopes will eventually lower her BMI.

As she attempts to decipher the intricate and sometimes mind-boggling formulas, a simple one remains her favorite: 199.3 minus 188.6 equals 10.7, the number of pounds she has lost since January.

"It feels great," said Mendoza, Fort Sam Houston Public Information Office. "My clothes fit better; I feel better."

Mendoza is one of 33 people vying for the title of "The Biggest Loser" at Fort Sam Houston, a six-month weight-loss program patterned loosely after its TV name-sake. But rather than a stringent diet and exercise program, Fort Sam's version simply encourages participants to swap junk food for a balanced diet and couch-potato living for health-appropriate activity.

The program kicked off March 2, and most participants are being called losers – but in a good way.

"I've lost 13 pounds so far," said Phyllis Bergen, Department of Academic Support, Army Medical Department Center and School. "I went to see my doctor and he was so happy."

"I'm wearing clothes that I've had in my closet for two years but never wore because they didn't fit. It's great."

Bergen's recipe for success is to eat healthier foods and smaller portions, as well as a steady diet of exercise and activity.

"I walk up the stairs instead of taking the elevator," she said. "When I was at my previous job, I would walk 10 feet to the door and sit all day. Now, I go outside and walk around the building; park far away and walk. I'm just more active overall."

Cathleen Burrell, "Biggest Loser" fitness consultant, said Bergen is on the right track.

"Just about every participant has become more active," she said. "For the most part, everyone who has not exercised in the past has introduced physical activity, and those who were already exercising have increased their activity during the week."

Mendoza got on the fitness kick when the program began and is already encouraged by the change.

"It was hard at first to work out because I got out of breath easily and felt heavier when moving," she said. "Now, I don't feel as weighed down and can talk when working out."

She attributes her motivation in part to her steady workout partner and fellow loser, Cheryl Harrison. "If I didn't have a workout partner it would be more difficult. Find someone to motivate you; it helps to have someone to give you a push."

When it comes to eating, Mendoza advises people to take a look in their refrigerator and cabinets. "I got rid of all the sweets and bought more vegetables. I also cut down on sodas and fruit juices and I drink more water. I'm more aware of what I eat now."

Healthy eating and activity are the foundations for a healthier lifestyle, Burrell said, which is more important than any number.

"Recent research has come out showing that an overweight, active person is healthier than a thin person who doesn't exercise," Burrell said.

"You may not see results right away, but don't get frustrated; it takes time," she said. "It's about making a lifestyle change to a healthier, more active lifestyle. Stick with it. You may not have lost the weight, but are you feeling bet-

ter? Is your health better? That's what counts."

Although one of the 33 will be named "The Biggest Loser" in August, the competitors seem more interested in the weight-loss journey rather than the final destination. Like Mendoza, some have found a workout buddy and others meet up at the program's bi-monthly fitness and nutrition talks at the Jimmy Brought Fitness Center. Next up are weekly walk/runs at the track headed up by Burrell.

For Mendoza, it's not so much about a time-limited competition, but a lifelong change. "I'm disciplining myself and my body. If I keep doing this, I will feel even better and hopefully lower my cholesterol. I don't want to stop."

Neither does Bergen. "Set your mind to do it for a healthier lifestyle. Do it for your families. You want to be around for a long time. I know every morning after I workout, I come inside and thank the Lord for giving me one more day."



Courtesy photo

"Biggest Loser" contestants, Cheryl Harrison (right, front) and Olivia Mendoza (right, back), get active Saturday as they join thousands of San Antonions for the "Komen San Antonio Race for the Cure," which benefits breast cancer research.

# Too good to be true?

## *Lifestyle changes can replace need for dietary supplements*



By Elaine Wilson  
Fort Sam Houston Public Information Office

About three years ago, a series of health scares caused federal officials to pull products containing Ephedra from the shelves.

The herbal supplement’s claim to fame was as a weight reducer and energy booster. Less desirable effects were the heart palpitations, tremors and insomnia. A host of serious side effects combined with Ephedra-related deaths resulted in the nationwide ban.

The Ephedra scare may have deterred some, but for others the benefits of supplements outweigh the risks and they keep the billion-dollar dietary supplement industry going strong.

In 2001, Americans spent \$17 billion on sales of dietary supplements. The military is not exempt from the trend. According to the Weigh to Stay weight management program Web site, 64 percent of Special Forces and Rangers used supplements in 1998.

It’s no wonder they’re so popular; the claims are unending and highly appealing – slim down, bulk up, look better, energize, de-stress. The results sound attractive, but most experts believe that a pill or powder is not the answer.

“Many people rely on popping pills to correct poor lifestyle habits, such as poor diets, lack of physical activity, stressful living conditions,” said Capt. Renee Cole, chief, Outpatient Nutrition, Health Promotion Clinic at Brooke Army Medical Center. “Some people believe that it’s easier to take a supplement than make the lifestyle changes required to live a long, healthy life.”

By definition, a dietary supplement is intended to supply nutrients — vitamins, minerals, fatty acids or amino acids — that are missing or not consumed in sufficient quantity in a person’s diet. The term also includes herbal supplements, which claim to treat or prevent certain diseases or conditions.

But while many supplements are designed as nutrient sources, they are not considered food by the Food and Drug Administration.

“Manufacturers do not need to register their products with the FDA nor get FDA approval before producing or selling dietary supplements; however, they must make sure that the product label information is truthful and not misleading,” Cole said. “Other than the manufacturer’s responsibility to ensure safety, there are no rules that limit a serving size or the amount of the nutrient in any form of dietary supplement.”

The lack of FDA approval leaves a lot of leeway for supplement sellers, who make many of their claims without a lot of substantiation.

“There are clinical studies supporting the effectiveness or safety of some supplements, but most evidence of benefits only suggest a possible association and are not clear cut,” Cole said. “Most supplements are under some form of evaluation and take many years to determine an association with health benefits.”

The negative effects from some supplements could come much sooner. The FDA Web site lists warnings and safety information on numerous supplements. For example, Kava-containing products may be associated with severe liver injury and Linokinetix is a dietary supplement weight loss product that has been implicated in a number of serious adverse reactions with the liver.

Many dietary and herbal supplements have known or suspected drug interaction, Cole said. Garlic, ginger, St. John’s Wort and Gingko Biloba interfere with anticoagulant medications.

“Not only are there drug and supplement interactions, but some supplements affect bodily systems,” Cole said. Caffeine, guarana, kava, potassium and black cohosh may affect blood pressure. Iron, saw palmetto, evening primrose oil and glucosamine may result in gastrointestinal distress.

The bottom line, Cole said, is to be wary of dietary supplements and those who are already taking them should inform their health care providers.

“Some supplements when taken in high doses may cause adverse reactions or toxicity symptoms,” she said. “It’s important for your physician and health care team to have this information in order to make an adequate assessment.

“Since we’re not all cut out of the same cookie cutter mold and are affected differently, what may be effective for one person, may not be effective for another, or may actually have an adverse effect.”

With a few exceptions, such as multivitamins, Cole recommends people turn to a more natural source for their energy and well-being.

“Our bodies are designed to obtain all of the nutrients we require from food,” she said.

“There are numerous supplements on the market, so my best advice is to become as knowledgeable as you can about a supplement before investing your hard-earned cash and don’t forget to consult with your care provider.”

For more information, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org) or the Office of Dietary Supplements at <http://dietary-supplements.info.nih.gov>.



Photo by Minnie Jones  
Col. Alan Stone takes a look at a dietary supplement at the Post Exchange.



Karen Haupricht, Commander, VFW Post 8111, presents Cole eighth grader Gretchen Newcomer with her awards for her accomplishment in the VFW “Patriot Pen” youth essay competition.

Courtesy photo

## Cole essay sent to national competition

Gretchen Newcomer, Robert G. Cole Junior High School eighth grader, received notification that her essay on “Citizenship” won second place for the state of Texas in the 2007 Veterans of Foreign Wars “Patriot Pen” Youth Essay Competition. The essay is being forwarded to Washington, D.C. for VFW national competition.

Cole English teacher, Pat Feola received competition packets in December and assigned the entire eighth grade class to write an essay on the topic. Gretchen was one of several students chosen to submit their essays for local/state competition. On March 21, Gretchen received word of her accomplishment. In addition to her essay being forwarded to nationals, she received a plaque and a check for \$75.

“This is so exciting,” said Feola. “To have one of our student’s essay go all the way to nationals is great. And Gretchen is such a wonderful kid!”

Results of the national competition will be announced at the VFW National Convention in June.

## FSHISD earns state finalist spot for H·E·B Award for Excellence

Fort Sam Houston Independent School District was named one of three state finalists in the 2007 H·E·B Excellence in Education Award competition. H·E·B designed the award to honor outstanding public school professionals and to thank them for their dedication and commitment. The annual award includes cash prizes and is presented to individual teachers, principals and large and small districts.

Besides FSHISD, the Eula and Salado Independent School Districts were named finalists in the small 1- and 2-A district competition. The large 3-, 4- and 5-A district finalists included Richardson, Klein, Weslaco, Aransas County and North East Independent School Districts.

“This is great news!” stated Dr. Gail Siller, Superintendent of Schools. “This recognition honors all the wonderful things our teachers, administrators, staff, parents and community members do for our students. We are excited and proud to say the least.”

Since its inception, more than \$2 million has been given to 773 educators and 155 schools and districts across the state, making it the largest monetary awards program for educators in Texas and one of the largest in the nation. For 2007, the large school district finalist will receive \$100,000 and the small school district finalist will receive \$50,000. Teacher and principal finalists receive \$5,000 -\$25,000 for themselves and their school districts. The winners will be announced at a ceremony in Austin in May.

An individual or district must be nominated in order to be able to apply for the HEB Award. Kelly Palmer, Cole High School English teacher, nominated FSHISD because of her belief in the excellence and quality of the District.

Fort Sam Houston ISD was selected from over 60 district applicants. A panel of four professional educator judges visited the district March 26 and interviewed Siller, toured Fort Sam Houston Elementary and Robert G. Cole Jr./Sr. High School, and interviewed a parent representative, a community member, principal, teacher and student.

(Source: Fort Sam Houston Independent School District)

## Cole band members selected all-region

Four Robert G. Cole Junior High School students were selected to the Association of Texas Small School Bands Region 12 Middle School All-Region Band in competition the week of March 26. School districts from throughout Bexar County participated in the competition.

“It was quite a long evening, but it was worth it,” said Cole Band Director Jon Philippus. “These kids worked very hard to achieve this honor.”

Students selected to the All-Region Band were Konrad Kelson, trombone, Rebecca Lavender trumpet, Kayana Wade, clarinet, and Estrella Rodriguez, bass clarinet.

### Fiesta Parade tickets go on sale

The Cole Cougar Pride Club will sell parade tickets for the upcoming 2007 Battle of Flowers Parade to be held April 27. Tickets are \$8 and the seats are located along the 100 block of East Commerce Street, the area adjacent to the park in front of San Fernando Cathedral. This area has easy accessibility to parking and vendors. All proceeds will benefit the students of Robert G. Cole Jr./Sr. High School and Project Graduation. To purchase tickets or for more information, call Randy Teeter at 296-9071.

# Early registration begins for pre-k, kindergarden students

Early registration for the Fort Sam Houston Elementary School pre-kindergarten and kindergarten program will be held Wednesday from 8:30 to 10 a.m. and 1:30 to 3 p.m. in the school cafeteria.

Children must be 4 years old on or before Sept. 1, 2007 to enroll in pre-kindergarten and 5 years old on or before Sept. 1, 2007, to enroll in kindergarten. The criteria for enrollment in the school’s pre-kindergarten 4-year-old classes are: a parent is active duty and the student resides on the installation.

Students entering public school for the first time must submit a birth certificate or its equivalent, a social security card and evidence of required immunizations.

Required immunizations are:

**PCV7:** One dose of PCV7 on or after 24 months of age or four doses of PCV7 with one given after the first birthday.

**DPT, Dtap, DT, Td:** Five doses in any combination are required for all students unless the fourth dose was received on or after the fourth birthday. Students age 7 years and older are required to have three doses of any combination. Pertussis vaccine is not required. Td boosters are required every 10 years.

**Polio:** Four doses are required unless the third dose was

received on or after the fourth birthday, then only three are required.

**MMR:** Two doses of a measles-containing vaccine are required with the first dose on or after the first birthday. A second dose by age 4 or entrance to pre-kindergarten.

**HIB:** Only required for students under age 5 years. One dose on or after 15 months of age unless a series was completed in infancy.

**Varicella:** One dose on or after the first birthday for grades pre-kindergarten through 12th. Two doses required if first dose received after the 13th birthday.

**Hepatitis A:** Two doses on or after the 1st birthday for grades pre-kindergarten through third only.

**Hepatitis B:** Three doses required for all students in grades pre-kindergaraten through 12th.

Pre-kindergarten and kindergarten are full day programs. Transportation is provided for students, kindergarten through fifth grade. Parents are responsible for providing transportation for pre-kindergarten students.

(Source: Fort Sam Houston Independent School District)

## FSHISD announces student transfer policy for 2007-2008

The Fort Sam Houston Independent School District will once again accept transfer students for the 2007-2008 school year. Active duty military parents assigned to the Fort Sam Houston Installation, but are non-residents, can apply for their children to enroll in the district as transfer students in grades pre-kindergarten through twelfth grade. All non-resident transfer students must provide their own transportation to and from school.

Transfer requests will be considered if:

- Certain criteria are met regarding grades, conduct, and attendance,
- No additional personnel is required, and
- Adequate classroom space is available at grade level requested.

Students and their parents/guardians approved for a transfer are required to agree to the Administrative Guidelines and the Non-resident Transfer Agreement. The following categories of students will be considered for transfer:

Students whose active duty parents are assigned to Fort Sam Houston and have certification from Lincoln Military Housing that housing is available during the school year for which transfer is requested.

Students who were resident students in the District, who have moved off-post, and whose parents remain on military active duty.

Students who were resident students in the District, have moved off post, and whose parents have retired from military active duty.

Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing.

Children of District Employees.

Current transfer students will be given priority, provided their conduct, grades, and attendance have been acceptable during the current school year.

Parents or guardians may obtain a Non-Resident Transfer Application from the District Administration Office or the campus beginning Tuesday. Applications can then be submitted to Kathy Hayson at the District Administration Office. For complete details and requirements of the new transfer policy and administrative guidelines, visit the FSH ISD Website at [www.fshisd.net](http://www.fshisd.net) or call Kathy Hayson at 368-8701.

(Source: Fort Sam Houston Independent School District)

### Fort Sam Houston Independent School District Weekly Calendar Monday through April 14

**Fort Sam Houston Elementary School**  
**Monday**  
Inclement weather make-up day – school is in session  
Pre-registration packets go home  
**Wednesday**  
Pre-kindergarten/kindergarten round-up, 8:30 a.m. to 10 a.m.  
Pre-kindergarten/kindergarten round-up, 1:30 p.m. to 3 p.m.  
Early dismissal – kindergarten through fourth grade, 2 p.m.  
Early dismissal – fifth and sixth grade, 2:30 p.m.  
**April 13**  
Spirit day  
Pre-registration packets due back  
Note: Students will not be registered, unless all paper work is completed and returned.

**Robert G. Cole Jr./Sr. High School**  
**Monday**  
Inclement weather make-up day - school is in session  
District Golf Tourney at Devine golf course, TBA  
Cougar Pride Club meeting in Media center, 5:30 p.m.  
**Tuesday**  
Baseball at Jourdanton, 7 p.m.  
**Wednesday**  
District track meet at Jourdanton, TBA  
**April 12**  
District track meet at Jourdanton, TBA  
**April 13**  
UIL Academic Regional Meet and UIL one-act play, all day  
Baseball vs. Cotulla at Cole, 4:30 p.m.  
**April 14**  
ACT test date  
UIL Academic Regional meet and UIL one-act play, all day  
Junior/Senior Prom at Forest Waters, 8 p.m. to 12 a.m.

Community Recreation

MWR Web site, information hotline

Access information about Morale, Welfare and Recreation events, activities and programs 24 hours a day. Visit the Web site at [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com) or call the MWR information hotline at 295-DMWR (3697).

Randolph skeet, trap range

The Randolph Open Club Championship Shoot will be held Friday through Sunday. National Skeet Association rules govern and Texas residents must have a current Texas Skeet Shooting Association card. To sign up or for more information, call 652-2064.

Vaccination clinic for pets

A vaccination clinic for healthy pets will be held April 14 at the Fort Sam Houston Veterinary Treatment Facility. To make an appointment or for more information, call 295-4260 or 295-4265.

5K fun run/walk

Support Cancer Control Month, and participate in the 5K fun run/walk April 14 at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register and for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Run, bike duathlon

The Fort Sam Houston run and bike 5K/14 mile/5K duathlon #4 will be held April 22 at 7:30 a.m.at the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Post garage sale

The next post garage sale will be held May 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but vendors must pre-register by calling 221-2601 or 221-2904. A valid Department of Defense identification card is required to participate. The sell of firearms, animals or food and beverage items are not permissible. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Rentals will be available on a first come, first serve basis as supplies last. For more information, call the 221-5224.

Yoga, Pilate classes

Free yoga classes are offered at the

Jimmy Brought Fitness Center Fridays from 5 to 6 p.m., Saturdays from 8 to 9 a.m. and Wednesdays from 9 to 10 a.m. Wednesday classes cost \$2. Pilate classes are Tuesdays and Thursdays from 4:30 to 5:30 p.m. and the cost is \$2 per class. For more information on yoga and Pilate classes at the Jimmy Brought Fitness Center, call 221-2020 or 221-1234.

Yoga, Pilate instructors needed

Yoga and Pilate instructors are needed at the Jimmy Brought Fitness Center. For more information, call 221-2020 or 221-1234.

‘Read to the Kids’ program

The Fort Sam Houston Library offers a Video Messenger System program so deployed or pre-deployed Soldiers can stay connected with their children while they are away. The service videotapes and records Soldiers reading a children’s book while looking into the camera. The completed copy of the video or DVD is then mailed to their home for their children to view as often as they like while the parent is deployed. Books used in the program are available at the post library. The service is by appointment only. To make an appointment or for more information, call 221-4702 or 221-4387.

Transfer home movies to DVD

Take 8 mm home movies of family and friends to the Arts and Crafts Center at Lackland Air Force Base and have them transferred to DVDs. The cost is \$7.50 per hour plus the cost of the disc. For more information, call 671-2515 or 671-2269.

Golf Club, 221-9386

Warriors Monthly Scramble golf

The Warrior’s Monthly Scramble tournament day has changed for patron convenience. It is now held the first Friday of each month at the Fort Sam Houston Golf Club and the next tournament will be Friday. Register up to four players to participate. Shotgun start time is at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop, or for more information, call 222-9386.

Bowling Center, 221-3683

Quick-Play bingo

Quick-Play bingo units are available at the Fort Sam Houston Bowling Center.

Quick-Play is a personal handheld device that allows patrons to play bingo by using simple touch-screen technology. Choose up to four bingo cards to play at the same time. Each unit is lightweight and easy to use. The device can be used by bingo enthusiasts who want to play alone at a time convenient to them or by bowling center patrons awaiting their chance to bowl. For more information, call the bowling center at 221-3683.

Eighties Day

Enjoy 80-cent bowling games and 80-cent shoe rental Sundays from 2 to 8:30 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3683.

Dining and Entertainment

Sam Houston Club, 224-2721

National Hoagie Day - Super TGIF

Friday is National Hoagie Day. Stop by the Sam Houston Club and celebrate this American delight at Super TGIF starting at 6 p.m. Free hoagies will be served, and an on-site disc jockey will play the latest tunes. For more information, call 224-2721.

Big Bucks Bingo

A guaranteed giveaway of \$10,300 in prize money is for the taking in Big Bucks Bingo Saturday at the Sam Houston Club. The doors open at 12:30 p.m. For more information, call 224-2721.

Easter Brunch

Reservations for Easter Brunch at the Sam Houston Club are now being taken. Easter Brunch will be Sunday from 10 a.m. to 2 p.m. A variety of breakfast, lunch and dessert items will be served. The cost is \$17.95 for nonmembers, \$15.95 for members, \$7.95 for youth 6 to 11 years old and free to children age 5 and younger. To make reservations or for more information, call 224-2721.

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month. The next brunch will be held April 22 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. The brunch features a kids’ meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Administrative Professionals’ Day lunch

Administrative Professionals’ Day is April 25 and the Sam Houston Club will host a special luncheon from 11 a.m. to 1 p.m. The cost is \$10 per person. Space is limited. Managers need to make reservations early for themselves and their administrative personnel. Reservations are required by April 20. To make reservations or for more information, call 224-2721.

Harlequin Dinner Theatre, 222-9694

The George Furth comedy “The Supporting Cast” will play at the Harlequin Dinner Theatre Wednesday through May 12. Performance tickets are \$24.95 on Wednesdays and Thursdays and \$27.95 on Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is from 6:30 to 7:30 p.m., and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

Austin Wranglers Arena Football season tickets are on sale for select games at the Morale, Welfare and Recreation Ticket Office. The cost is \$14.95 per ticket. A special package deal is available for groups of 40 individuals. Purchase 39 tickets for a single Wranglers game at the special group rate of \$29 per person and receive one free ticket. Group package includes transportation. Anyone who purchases a ticket can enter the drawing for a chance to win an autographed Deion Sanders football and an Austin Wranglers’ t-shirt. Winners are selected each week. The ticket office is located inside the Sam Houston Club. The hours are Tuesdays through Fridays from 10 a.m. to 5 p.m. Saturdays from 10 a.m. to 2 p.m. on and closed Sundays and Mondays.

Coushatta Casino Resort Trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La., Tuesday at 7 a.m. and will return Wednesday at 10 p.m. The bus will depart from the Sam Houston Club. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office. For more information, call 226-1663 or 224-2721.

Events

Military career fair

A military career fair will be held Today from 11 a.m. to 3 p.m. at the Sam Houston Race Track in Houston. The fair is for veterans, service members transitioning to civilian life, members of the National Guard and Reserve and military spouses. The event is sponsored by RecruitMilitary, LLC, The American Legion and HireVets First. For more information, call 513-683-5020.

Comfort Easter egg walk

The Hill Country Volkssportsverein Volksmarch Club will host a 10K and 5K walk and Easter egg hunt Saturday at the Comfort Community Park on Highway 27 West in Comfort, Texas. For more information, call John Bohnert at 830-995-2421 or e-mail tina.bohnert@comfort.txed.net.

ROA offers scholarships

The Reserve Officers Association is accepting applications for the Henry J. Reilly Memorial Scholarship. Applications are available online at www.roa.org/site/PageServer?pagename=reilly\_scholarship. The submission deadline is Tuesday. A minimum of 60 scholarships will be awarded to graduate and undergraduate children and grandchildren of members. For more information, e-mail henry.david.Pendleton@us.army.mil.

OCSC ‘Tour of Homes’

The Officer and Civilian Spouses’ Club will host a “Tour of Homes” April 14 on Fort Sam Houston. Tickets will be on sale Saturdays throughout March in front of the Fort Sam Houston Post Exchange between 10 a.m. and 2 p.m. Cost of tickets are \$10 in advance or \$15 the day of the event. Tickets may also be purchased by calling Christen Jensen at 212-5725.

Child Abuse Prevention Conference

The Child Abuse Prevention Conference will be held April 14 from 8 a.m. to 4 p.m. at Army Community Service, 2010 Stanley Road, Building 2797. In session one, Col. Elisabeth Stafford and Maj. Keith Lemmon, Brooke Army Medical Center, will present “Recognizing Increased Support Requirements in High Stress Deployed Military Families – A Critical Role for Child & Youth Serving Professionals.” In session two, Melissa Jijerina will cover “Strengthening Families: Preventing Abuse Before It Happens.”

Button Band Camp

The Button Band, from Central Catholic and Providence High Schools, will host a one day free band camp April 14 from 9 a.m. to 3 p.m. at the Central Catholic High School Band Hall, 1403 N. Saint Mary’s St., for middle school student in grades 5 through 8 who are interested in learning to play an instrument and performing in a high school band. Lunch and free camp T-shirts will be provided to all who participate. For more information, call 225-1719.

Smithville Jamboree walk

The Selma Pathfinders Volksmarch Club will host a 10K and 5K walk in conjunction with the Smithville Jamboree April 14 and 15 at the Old Central School, 400 Gresham. For more information, call Phyllis Eagan at 496-1402 or visit www.geocities.com/yosemite/gorge/8195/.

OCSC April outing

The Officer and Civilian Spouses’ Club will hold a Bluebonnet Drive to Fredericksburg April 16 at 8:30 a.m. Lunch will be at the Herb Farm Tea Room. The cost is \$16.50. Reservations for lunch must be made by April 11. This event is open to member and non-member spouses. Carpoolers will meet in the commissary parking lot at 8:30 a.m. For more information or reservations, call Alicia Utz at 807-3111 or e-mail a-to-z@earthlink.net.

OCSC April Fiesta luncheon

The Officer and Civilian Spouses’ Club will host a “Fiesta in the Garden” luncheon April 17 at 11 a.m. in the Sam Houston Club. A Mexican buffet luncheon will accompany the luncheon theme of “gardening.” John Brackman, from the San Antonio Botanical Gardens, will be the guest speaker. The luncheon also will include a vote on changes in the constitution and the new slate of board officers. The cost of the luncheon is \$14. For reservations, call Sigrid Reitstetter at 226-8806 by noon April 13.

‘CivilianJobs.com’ Job Fair

The CivilianJobs.com Job Fair will be held April 19 from 9 a.m. to 2 p.m. at the Fort Hood Catering and Conference Center, 24th Street and Wainwright Drive, Building 5764, Fort Hood, Texas. Many employers will be recruiting for domestic and international positions including law enforcement, information technology, project management, transportation, sales and operations. For more information, call 866-801-4418 or visit www.CivilianJobs.comor.

Caminada de Fiesta 11K walk

The Caminada de Fiesta 11K walk will be held April 21 at

Fort Sam Houston, beginning and ending at the U.S. Army Medical Department Museum. Start time is between 7:30 a.m. and 12 p.m., with an end time of 3 p.m. The event is sponsored by MEDCOM and the Volkssport Association. The walk is free and open to the public. Participants are encouraged to bring non-perishable food items for donation to a local food pantry. For more information, call Gerald Kamicka at 658-2160 or e-mail GeraldK726@aol.com.

American Heroes Air Show

The American Heroes Air Show, the nation’s premier aviation event dedicated exclusively to helicopters, will land at the Texas Military Forces’ Camp Mabry in Austin, Texas, April 21 from 9 a.m. to 4 p.m. Admission is free. The event features a career fair with recruiting teams to include law enforcement, public safety and government services. For more information, visit www.Heroes-airshow.com.

MOAA-AC Fiesta Week picnic

The Military Officer Association of America-Alamo Chapter Fiesta Week picnic will be held April 25 at the Eberle Park, Randolph Air Force Base. Mexican food, Mariachi band, dance and piñata contest, and Sombrero walk are some of the fun events planned. The cost is \$20 per person; the deadline to sign up is April 20. For more information or reservations, call 228-9956 or e-mail moaa-ac2sbcglobal.net.

Child Abuse Prevention Education Day

Child Abuse Prevention Education Day will be held April 27 from 8:30 to 11:30 a.m. at the University United Methodist Church, 5084 DeZavala Road, at Vance Jackson Road. The panel discussion will be “Child Abuse Prevention and Medical Issues, and the roles of the Faith Based Communities – Help us help you – To help them.”

‘Blue Sunday’ Prayer Service

A “Blue Sunday” prayer service will be held April 29 from 3 to 4 p.m. at Sea World. Many pastors, including Chaplain James Benson from Fort Sam Houston, will pray for abused children, children in foster care and parents who are facing difficult situations. All faith communities around San Antonio will take a brief moment to pray for abused children. The goal of “Blue Sunday” is to provide tickets to Sea World, with meals and transportation included, for the 2,250 children currently living in foster homes.

AACOG Regional Awards Nominations

The Alamo Area Council of Governments is accepting nominations for the 2007 AACOG Regional Awards. Nominations are open to the public and will be presented June 13. Nominations must be received by May 1. Categories for nomination are Regional Citizen of the Year, Corporate Citizen of the Year, Community Project of the Year and Governmental Regional Project of the Year. Nomination forms can be submitted online at http://www.aacog.com/award, picked up from the AACOG offices at 8700 Tesoro Drive, Suite 700 or by fax at 225-5937. For more information, call 362-5204 or e-mail mail@aacog.com.

‘Fit for Duty’

The Pentagon Channel is searching for a talented TV host for a new show called “Fit for Duty,” coming this summer. For more information, visit www.PentagonChannel.mil.

VA Valley Behavioral Health Care

The Department of Veterans Affairs has established a new behavioral health care team to assist veterans returning to the Lower Rio Grande Valley from service in Iraq and Afghanistan. The team assists returning veterans in obtaining VA health care and provides counseling services for a variety of post-deployment issues. For more information, call Dr. Jennifer Wood, Harlingen VA Outpatient Clinic, at 956- 366-4500 or Melinda Leo-Rodriguez, McAllen VA Outpatient Clinic, at 956- 618-7146.

Training

Scholarship for Vets

The Dwyer Group will sponsor an annual \$2,500 veteran scholarship to assist military veterans pursuing college-level studies in franchising or entrepreneurship. To be eligible, candidates must have received an honorable discharge from any branch of the United States military or Coast Guard and be enrolled or about to enroll in an entrepreneurial course of study at an accredited college or university. For applications, call 202-628-8000 or visit www.franchise.org.

Meetings

Disabled American Veterans meeting

The Disabled American Veteran Alamo Chapter 5 and Auxiliary Unit #5 meeting will hold a meeting April 21 at 10 a.m. at the Rolling Oaks Christian Church, 7150 Stahl Road, Loop 1604, at Nacogdoches Road behind Wal-Mart. For more information, call Albert Erazo at 651-7303,

Adjutant Duke Hendershot at 830-624-1949 or visit www.DAVALMO5.org.

Chess club

The on-post chess club meets Mondays from 5 to 7 p.m. in the Brooke Army Medical Center Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. Chess sets are provided on site. For more information, call Michael Oakes at 550-3153

Volunteer

Lackland orthodontic seeks patients

The Tri-Service Orthodontic Residency Program is seeking orthodontic patients. Evaluations for treatment are open to active duty personnel, family members of active duty under age 17, and retirees and their family members under age 17. Patients must live within a 60-mile radius of San Antonio and must be stationary for a minimum of 24 months. Active duty members must fax or hand-carry a referral form, Standard Form 513, from their dental treatment facility to the Dunn Dental Clinic at Lackland Air Force Base. For more information, call 292-2579.

‘Don’t Mess with Texas Trash-Off’

Nearly 100,000 Texans are expected to pick up litter April 14 for the annual “Don’t Mess with Texas Trash-Off.” The annual Don’t Mess with Texas Trash-Off is the largest one-day statewide cleanup event. The event brings together Keep Texas Beautiful volunteers and Adopt-a-Highway groups from across the state clean up their communities on one designated day. For more information, call Kelli Johnson, EnviroMedia at 512-476-4368 or visit www.DontMessWithTexas.org. To adopt a section of highway through the Adopt-a-Highway program, visit www.tex-asaah.org or www.ktb.org.

Mentor Volunteers

Fr. Flanagan’s Girls and Boys Town of San Antonio is looking for mentors to help children improve their reading skills. For more information, call Janet Pedrotti at 271-1010 or e-mail pedrottij@girlsandboystown.org.

Fort Sam Houston ‘Fiesta and Fireworks’ schedule of events

The public is invited to Fort Sam Houston for a free Fiesta celebration on April 22 from 1 p.m. to 9 p.m. in the field adjacent to MacArthur Pavilion. The Country Fair will feature military equipment displays, various exhibits, live entertainment, kiddie activities, carnival rides, games, food, and drink booths. Continuous entertainment beginning at 1 p.m. will include Karavan Studios Belly Dancers, Robin Perry Terrazas and the Spot Barnett Band, the Army Medical Command “Rock” Band, Kazamba Drum and Dance Group, Ballet Folklorico del Cielo, Las Erendias, female mariachi group, the Almost Patsy Cline Band from Bandera, Texas, and a joint fiesta concert by the Army Medical Command Band and the Alamo City Community Marching Band.

The public is requested to enter Fort Sam Houston from Interstate Highway 35 at either the Walters Street gate or the Harry Wurzbach Road entrance. No pets or coolers are allowed.

**On stage**  
12:45 to 1:15 p.m. – Karavan Studios Belly Dancers  
1:15 to 1:50 p.m. – Robin Perry Terrazas and the Spot Barnett band.  
1:55 to 3 p.m. – Army Medical Command “Rock” Band  
3 to 3:30 p.m. – Kazamba Dance and Drum Group  
3:30 to 4p.m. – Ballet Folklorico del Cielo  
4 to 5 p.m. – Las Erendiras, female mariachi group

**Military ceremony at MacArthur Parade Field**  
5 to 5:30 p.m. – U. S. Army Drill Team from Washington  
5:30 to 5:50 p.m. – Retreat, followed by performance by the 82nd Airborne Chorus from Fort Bragg, N.C.  
6 to 6:50 p.m. – Fiesta Royalty awards, Fiesta Salute, Soldiers on Parade  
6:55 to 7:30 p.m. – Escaramuza Rosas de Castilla, an equestrienne drill team

**Back on stage**  
7 to 8 p.m – The Almost Patsy Cline Band from Bandera, Texas  
8 to 9 p.m. – Joint Fiesta concert with the Army Medical Command Band directed by Chief Warrant Officer William Brazier and the Alamo City Community Marching Band directed by Juan Garcia, will feature a giant fireworks show and cannon fire to the famed “Overture J812” by Peter Ilyich Tchaikovsky.  
9 p.m. – Fireworks finale!

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort



Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

**For Sale:** Metal and wood rectangular kitchen table with four padded metal chairs, \$65; matching baker’s rack with two drawers and three shelves, \$35 or both \$80. Call 910-728-5281, leave mes-sage.

**For Sale:** Goodman AC condenser, 5-tons, in excellent condition, \$350; two twin beds can con-vert to king, frame, sheets, Sealy mattress, com-forter and many extras, \$250; Whirlpool tub with motor complete, four person seating, \$250; Steelmaster construction signs complete with wood, diamond and flags, \$150 each; 1986 Ford F-350 diesel cargo van, \$3,000. Call 342-8222.

**For Sale:** 1993 GMC Sierra extended cab, five-speed manual, 99K miles, runs good, 5.7 liter engine, towing package, new clutch and starter, CD player, \$2,900 obo. Call 837-3142.

**For Sale:** Thomas the Tank play table with forty trains, tracks and other accessories; 1994-97

Honda Accord full cat-black racing exhaust, \$150 obo; 1994-97 Honda Accord DC sports header, \$100 obo; auto meter racing gauges with 5-inch tach and shift light, \$150 obo. Call 363-2056.

**For Sale:** Entertainment center, \$50; Pioneer stereo with receiver, cassette, six disc changer, JBL subwoofer, satellite speakers and Bose book-shelf speakers, \$75. Call 391-3950.

**For Sale:** Sofa and love seat, tan \$49 obo; Philips Magnavox 56-inch projection TV, \$289 obo; wooden desk with hutch, \$19 obo; spider man tent, \$12 obo; David’s bridal strapless wedding gown with embroidery, size 6, \$99 obo. Call 257-8863, leave message.

**For Sale:** Sears Kenmore washer and dryer combo unit, in excellent condition, \$100; antique dark wood table, \$125. Call 273-6231.

**For Sale:** Barn-type portable building, 12 feet by 16 feet, AC electric hook-up, red with white

trim, burglar bars on window and door, in good condition, \$3,500. Call 639-3040.

**For Sale:** 2004 Dodge Durango SLT, white exterior with leather grey interior, 55K miles, third row seats, roof racks, tow package, chrome run-ning boards, AM/FM/CD stereo, \$15,500. Call 838-8087.

**For Sale:** Queen/king brass bed and mattress set. Call 403-2125.

**For Sale:** Step 2 naturally playful wonderland climber kids play set, \$100; free patio set, glass table with four chairs, umbrella stand, no cushions or umbrella. Call 883-5502 or 682-3589.

**For Sale:** Papillon pups, two males, tri-color with plume tail and fringes, intelligent and affec-tionate pedigree with shots, has six generations of Aussie champion bloodline, \$950. Call 521-1554.

**For Sale:** 1992 Ford Premier van with luxury con-version by Magnum, maintenance records available,

run great, \$2695. Call 659-6741 or leave message.

**For Sale:** Prom and semi-formal dresses, sizes 1X, \$35 each; Harley Davidson boots size 8.5, \$45; Dooney & Burke brown drawstring bag, \$50; three night stay at Dallas Renaissance Hotel, \$125; black leather sofa and recliner, \$395; mauve leather oversized chair, \$325 obo. Call 633-3859.

**For Sale:** 1995 Ford F-250 Diesel truck, 222,000 miles, XLT, regular cab with cab exten-der, rhino lining, gooseneck hitch, class IV hitch, AM/FM/tape/CD changer, all maintenance records, strong and clean. Call 830-393-4347.

**Moving Sale:** Metal twin and full bunk bed, \$75; rustic log twin bunk bed, \$100; wood and metal futon, \$50; computer, movies, and more. Call 286-3139.

**Wanted:** ACU’s, gently used or new, medium/extra small shirt, and medium/short pants. Call 661-0200 or leave message.